

# Mental Health Status

## How many days during the past month was your mental health not good?

### One or more “not good” mental health days in the past 30 days:

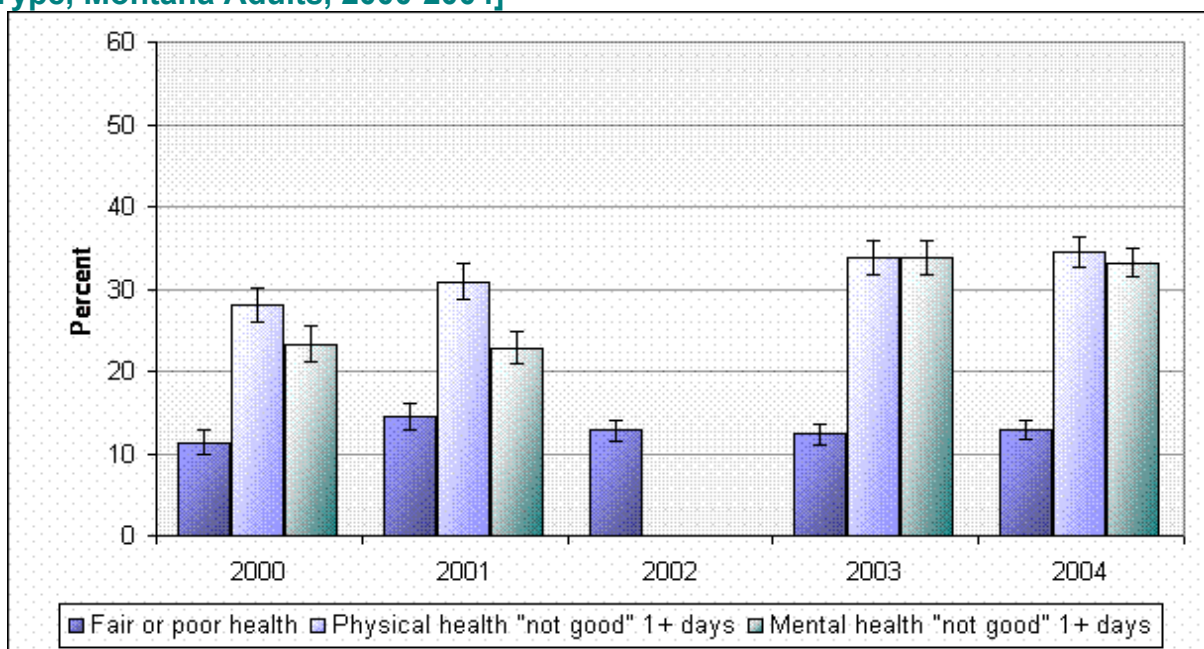
- Thirty-three percent of Montana adults in 2004 reported that there were one or more days during the past month when their mental health was “not good.”
- Females (38%) reported one or more days of poor mental health more frequently than did males (28%).
- The percentage of adults aged 65 and older (17%) reporting poor mental health was substantially lower than younger age classes ( $\geq 27\%$ ).
- Adults with annual household incomes less than \$15,000 (43%) were more likely to report one or more days of poor mental health than adults with household incomes of \$25,000 and above ( $\leq 34\%$ ). Adults in households with incomes greater than or equal to \$75,000 (22%) were significantly less likely to report poor mental health than all other income groups.
- Non-White or Hispanic Montana adults (42%), largely Native Americans (43%), were more likely to report one or more poor mental health days in the past thirty days than White, non-Hispanics (32%).
- Adults with disability (49%) were substantially more likely to report their mental health was “not good” on one or more days in the past 30 days than adults without disability (30%)

### Fourteen or more “not good” mental health days in the past 30 days:

- Eight percent of adult Montanans reported 14 or more “not good” mental health days in the past month.
- Adults aged 45-54 (11%) reported the highest prevalence of 14 or more poor mental health days, significantly higher than the oldest age group (6%).
- The prevalence of 14 or more “not good” mental health days was two times as high among adults with less than high school education (14%) than adults with college degrees ( $< 7\%$ ).
- Adults with household incomes less than \$15,000 per year (16%) had four times the prevalence of 14 or more “not good” mental health days than households making \$75,000 or more per year (4%).
- Persons with disability (22%) were more than four times as likely to report fourteen or more “not good” mental health days than adult Montanans without disability (5%).

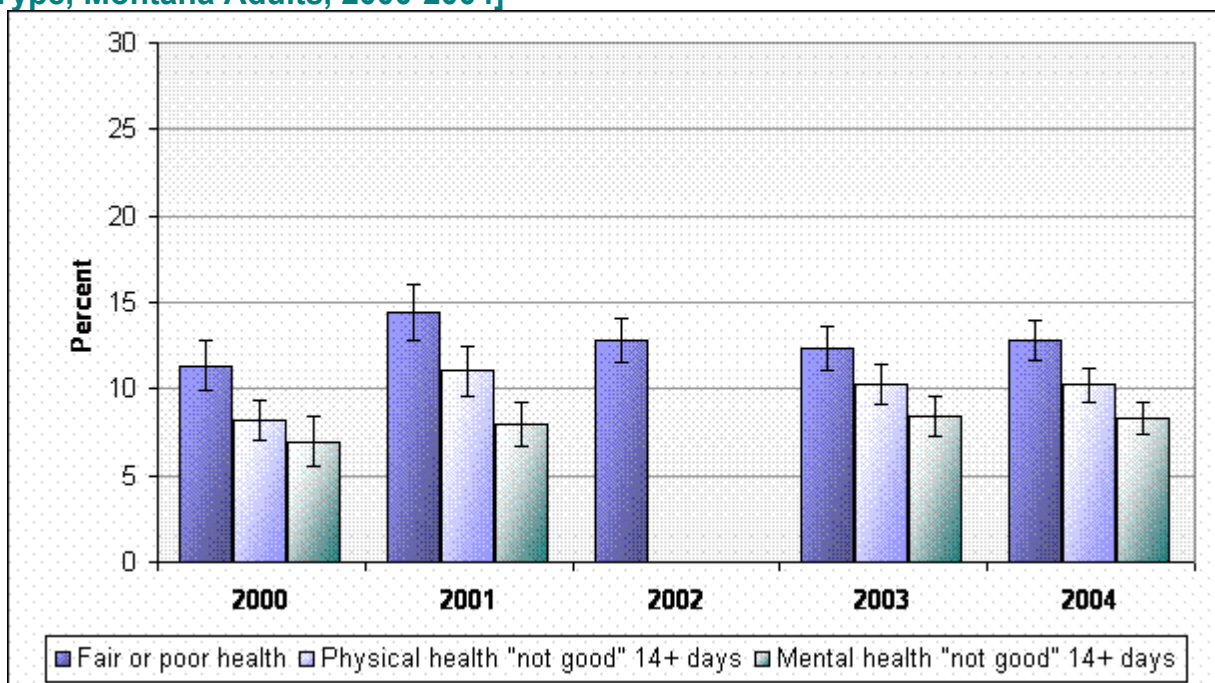
**[Table 3-b. Mental Health, Montana Adults, 2004]**

**[Figure 3-a. Self-Reported Health Status and One or More Days of Poor Health by Type, Montana Adults, 2000-2004]**



**Figure 3-a. Self-Reported Health Status and One or More Days of Poor Health by Type, Montana Adults, 2000-2004.**

**[Figure 3-b. Self-Reported Health Status and 14 or More Days of Poor Health by Type, Montana Adults, 2000-2004]**



**Figure 3-b. Self-Reported Health Status and 14 or More Days of Poor Health by Type, Montana Adults, 2000-2004.**

[Figure 3-c. Mental Health “Not Good” on One or More Days by Sex, Montana Adults, 1997-2004]

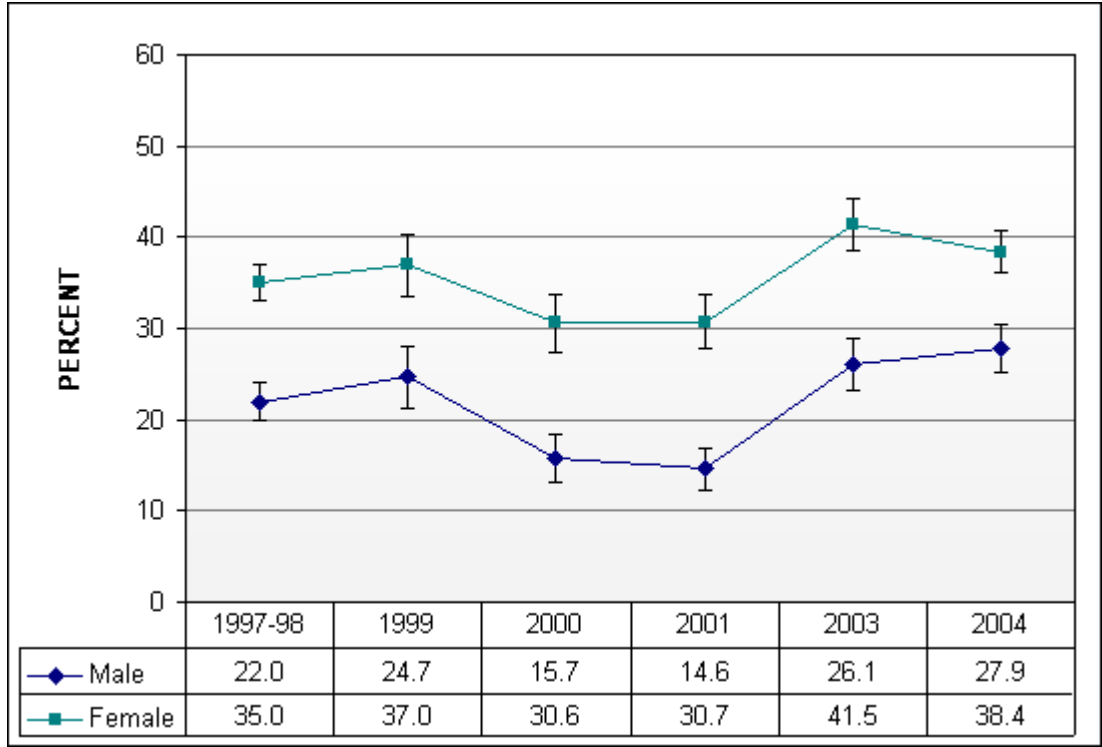


Figure 3-c. Mental Health "Not Good" on One or More Days by Sex, Montana Adults, 1997-2004.